

Decreasing the Smoking Rate at EMMC Family Medicine Center and Residency in Bangor, ME



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Tobacco Problem in the State of Maine

- o **Maine's rate of adult current smoking is 20%**, which is significantly higher than all other New England states (Connecticut 16%, New Hampshire 17%, Massachusetts 16%, Vermont 17%, and Rhode Island 17%) ¹
- o **The national adult smoking rate in the US is 17.8%** (data from 2013) ²

In Maine, the smoking rate is...

- o **43% for adults enrolled in MaineCare** ³
- o 40% for adults who make less than \$15,000 per year
- o 37% for adults who have less than a high school education

Tobacco Problem at EMMC Family Medicine Center and Residency

Anecdotal evidence illustrating the tobacco problem in the clinic and the source of inspiration for this project:

- 53 y/o F with a PMHx of a myocardial infarction (MI) four months ago who **continues to smoke** and presents to the clinic with chest pain
- 4 month old M with a four week history of upper respiratory infection whose mother **continues to smoke** in the home and patient ends up being transported to the ED
- 46 y/o F with COPD and asthma who presents to the clinic for hospital follow-up for COPD exacerbation and pneumonia who **continues to smoke**

An intervention is needed to decrease the smoking rate!

Public Health Cost

- o An estimated **2,200 Maine adults die each year** from their own smoking ¹
- o **Tobacco use kills** more people in Maine than alcohol, drugs, homicides, and suicides combined ²
- o **Annual healthcare costs** in Maine caused by smoking are **\$811,000,000** ¹
- o The estimated **productivity losses** in Maine between 2000 and 2004 attributable to smoking are **\$534,231,000** ³
- o **Cancer has a larger relative burden on Maine** when compared with most of the nation. A major factor to explain the high rate of lung cancer and some other cancers... is tobacco use ⁴

The **public health costs are likely even greater for this subset of Maine residents** because of the increased smoking rate (results to follow) for this particular patient population compared to the state of Maine as a whole

Community Perspective

Interview #1: [Name Withheld] LPN, TTS-C, AE-C

- Certified Tobacco Treatment Specialist (10+ years)
- Regional Tobacco Coordinator
- Public Health Educator and Nurse
- Bangor Public Health & Community Services
- o **Recommended motivational interviewing (MI)** as the best intervention for patients in the clinic
- o Given the book ***Treating Tobacco Use and Dependence: 2008 Update***, which is the “bible” for clinical practice guidelines written by a panel of experts
- o Entertained the possibility of hiring a **tobacco treatment specialist** in the clinic
- o Discussed **resident training for MI**; given information regarding additional training resources
- o **Enthusiastic to help** the clinic

Centricity Search Results

Search Criteria in Centricity:

- Age >16 years old
- Patients seen between 8/01/2014 - 2/24/2015

Results:

- Smoking rate = 32.6%
- Approximately 50% of all patient visits are with patients who have **MaineCare**
- 35.7% of current smokers **declined all assistance** for tobacco cessation
- Only 4.6% of current smokers have **motivational interviewing documented** in chart



Motivational Interviewing Survey

Motivational Interviewing Survey

Feb 25, 2015 Block Conference

Check one:

Attending Physician _____ Resident _____ Student _____ Other _____

Circle one answer based on how you feel regarding each of the following statements/questions:

1. Tobacco use is a large problem with the patient population at EMMC Family Medicine Center and Residency.

Strongly agree Agree Neutral Disagree Strongly disagree

2. Motivational interviewing is an effective tool to promote tobacco cessation.

Strongly agree Agree Neutral Disagree Strongly disagree

3. How often do you use motivational interviewing with patients that are current smokers?

Always Almost always Sometimes Almost never Never

4. How often do you document motivational interviewing under the tobacco interventions tab in Centricity?

Always Almost always Sometimes Almost never Never

5. I have received adequate education and training regarding motivational interviewing and am confident in my skills.

Strongly agree Agree Neutral Disagree Strongly disagree

References

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- o U.S. Department of Health and Human Services. The Health Consequences of Smoking-50 Years of Progress: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

References

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- Ø *Treating Tobacco Use and Dependence: 2008 Update*, a Public Health Service-sponsored Clinical Practice Guideline.
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